

Boston's Age Strong Commission

Weekly Digest

January 3-9, 2022

Information & opportunities for Boston's older adults

Happy New Year 2022!



Learn About Winter Safety in Boston



Information is available on snow emergency parking locations, shoveling expectations, space saver restrictions, plowing, & more.

Go to [Boston.gov/winter-boston](https://www.boston.gov/winter-boston) to learn about services and resources that can help prepare you for this winter.

Because, in Boston, winter is always coming.

WEEKLY DIGEST
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**Stay Connected
to Age Strong:**

City Hall, Room 271
1 City Hall Square
Boston, MA 02201
617-635-4366
agestrong@boston.gov
[boston.gov/agestrong](https://www.boston.gov/agestrong)



@AgeStrongBos

AGE+



City of Boston
Age Strong
Commission

VACCINATION REQUIRED

Starting on **Jan. 15, 2022**, individuals will be required to show proof of COVID-19 vaccination to enter certain indoor spaces like restaurants, fitness facilities, entertainment spaces, and certain meeting spaces in Boston.



Learn more at BOSTON.GOV/B-TOGETHER



Fuel Assistance:

Qualified residents of Boston can get up to \$1,030 to help with their heating bill.

Age Strong Commission advocates can help you fill out or renew your fuel assistance application, call 617-635-4366.



MONDAY, JANUARY 3

5pm

Parks: Virtual Fitness: Dance Fit

Click [here](#) to register & for more information.

TUESDAY, JANUARY 4

10:30am

A Quilting Circle

BPL: Codman Square

690 Washington Street, Dorchester

Click [here](#) to register & for more information.

6:30pm

Parks: Virtual Fitness: Afrobeats Dance

Click [here](#) to register & for more information.

WEDNESDAY, JANUARY 5

11am

Parks: Virtual Fitness: Chair Yoga

Click [here](#) to register & for more information.

12noon-3pm

Free Immigration Consultations

Click [here](#) for more information.

3pm

BPL Virtual: Shelf Service Live

Recommendations from BPL librarians.

Click [here](#) to register & for more information.

THURSDAY, JANUARY 6

1pm

BPL Virtual: Lunchtime

Science Fiction/Fantasy Short Story Club

Click [here](#) to register & for more information.

2:30-5:30pm

The Dudley Winter Market

11 Brook Avenue, Roxbury

Click [here](#) for more information.

6:00pm

BPL Virtual: Book Group

"Dominicana" by Angie Cruz

Click [here](#) to register & for more information.



SATURDAY, JANUARY 8

9am

Parks: Virtual Fitness: Strength Training

Click [here](#) to register & for more information.

10am-1pm

Dorchester Winter Farmers Market

6 Norfolk Street, Dorchester

Click [here](#) for more information.

SUNDAY, JANUARY 9

12noon-3pm

Roslindale Farmers Market

19 Corinth Street, Roslindale

Click [here](#) for more information.

6pm

Parks: Virtual Fitness: Yoga

Click [here](#) to register & for more information.

6:30pm

Parks: Virtual Fitness: Zumba

Click [here](#) to register & for more information.

6:30pm

“¡Con Salsa!” History of Afro-Latin Music in the US

BPL: Hyde Park Branch

35 Harvard Avenue, Hyde Park

Click [here](#) for more information.

FRIDAY, JANUARY 7

12:30pm

Parks: Virtual Fitness: Chair Meditation

Click [here](#) to register & for more information.

4:30pm

“Still Arts Rise II” Exhibition Opening Reception

Boston City Hall, Scollay Square Gallery, floor 3

1 City Hall Square, Boston

Click [here](#) for more information.

LET'S GET BOOSTED!

Visit boston.gov/Covid19-vaccine for more information.

ARE YOU ELIGIBLE FOR A COVID-19 BOOSTER?

AGE: 18 or older

STATUS: fully vaccinated

TIME: 6 months from your last COVID-19 vaccine OR 2 months from J&J

Let's get boosted!
Visit boston.gov/covid19-vaccine to find a vaccination clinic in your neighborhood

CITY of BOSTON



KEEP BOSTON SENIORS WARM THIS WINTER

The **Seniors Save** program can provide up to \$8,000 to eligible seniors to replace faulty heating systems.

Visit boston.gov/seniors-save to apply today.

BOS:311

311 is an easy-to-remember telephone number that connects you with highly-trained Constituent Service Center representatives who are ready to help you with requests for non-emergency City services and information.

The 311 Constituent Service Center is open 24 hours a day, 7 days a week, 365 days a year.

All Emergencies (Police, Fire, EMS) should be reported to 911.

Download the App 



SIGN UP FOR ALERT-BOSTON!

In 4 simple steps:

- 1 Enter your Email or Phone number
- 2 Select how you would like to be Alerted
- 3 Enter your First and Last Name
- 4 Enter your Zip Code & Select a Language

Sign up at boston.gov/alert-boston



City of Boston
Emergency Management